# **Certification: Interactive Metronome for Pediatrics & Adults**



Discover the scientific evidence behind IM & learn hands-on practical application for addressing critical brain timing skills in order to improve outcomes in the areas of cognitive, communicative, motor, sensory, and academic performance in conditions like ADHD, Autism, Dyslexia, Stroke, and TBI.

# **Course Description**

The ability to synchronize motor movements with a steady auditory beat is *fundamental* for academic performance & the development and rehabilitation of cognitive, communicative, sensory, & motor skills. Published studies have consistently demonstrated the direct link between auditory-motor synchronization and temporal processing, or the coordinated communication between critical neural networks involved in attention, auditory & phonological processing, reading fluency & comprehension, cognitive speed, working memory, executive functions, and fine/gross motor coordination. Many of these studies have implicated poor timing & rhythm in individuals with ADHD, Autism, Dyslexia, Auditory Processing Disorder, Aphasia, Parkinson's, Schizophrenia, and other neurological conditions. Interactive Metronome® (IM) is a highly effective and engaging assessment & training tool that uniquely combines the concept of a musical metronome with a computer-based, patented software program to precisely measure & train a person's timing & rhythm in order to improve performance at home, school, work & play.

Join us for this stimulating workshop that includes an in-depth discussion of the evidence and rationale for use of IM as it relates to students and patients encountered in academic and therapy settings. Participants will brainstorm and interact with each other as they learn to implement the Interactive Metronome through direct, hands-on training. The instructor will provide tips and best practices that have been shown to facilitate outcomes. Completion of this course leads to full Interactive Metronome Certification and contact hours (pending successful completion of a written exam).

## **Target Audience**

This course welcomes the following professionals:

- Speech and Language Pathologist
- Speech and Language Pathology Asst
- Audiologist
- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist
- Educator

#### **Instructional Level**

Introductory

# **Learning Outcomes**

Upon completion of this course, participants will be able to:

- Discuss the relevance of timing & rhythm as it pertains to functional abilities in home, work, school, and social settings;
- Cite published research that provides evidence for the efficacy of training timing & rhythm to improve cognitive, communicative, behavioral, sensory, motor, and academic performance;
- Appropriately select students and patients for Interactive Metronome assessment/training;
- Competently administer and interpret IM assessments in order to develop individualized IM training plans;
- Develop measurable goals for IM training for students and patients encountered in academic and therapy settings;
- Execute IM training with appropriate selection of software settings and cues;
- Measure progress & academic achievement through appropriate interpretation of IM assessment & training data and use of other commercially available standardized tests.

\*Note: This course covers information that pertains to licensed therapists and therapy assistants. COTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.

## Specific Learning Outcomes for Speech-Language Pathologists and Audiologists:

Upon completion of this course, participants will be able to:

- Discuss the relevance of timing & rhythm as it pertains to functional cognitive & communicative abilities in home, work, school, and social settings;
- Cite published research that provides evidence for the efficacy of training timing & rhythm to improve cognitive, communicative, behavioral, sensory, motor, and academic performance;
- Appropriately select students and patients for Interactive Metronome assessment/training;
- Competently administer and interpret IM assessments in order to develop individualized IM training plans for the treatment of speech/language and cognitive/communicative disorders;
- Develop measurable goals for IM training for students and patients encountered in academic and therapy settings;
- Execute IM training with appropriate selection of software settings and cues;
- Measure progress & academic achievement through appropriate interpretation of IM assessment & training data and use
  of other commercially available standardized tests.

\*Note: This course covers information that pertains to licensed therapists and therapy assistants. SLPA professionals must practice IM under the supervision of a licensed SLP.

#### **Agenda**

07:15 - 07:45 07:45 - 10:15	Registration & Continental Breakfast  • Introduction to Interactive Metronome  • Timing & Rhythm (Neural Synchronization): What Does the Research Tell Us?  • What Skill Areas Are Affected by Timing?  • IM Assessment (including critical thinking & hands-on workshops for implementation & interpretation of observations/data)
10:15 - 10:30	Break
10:30 - 12:10	<ul> <li>IM Training (including critical thinking &amp; hands-on workshops to learn IM settings &amp; cues to facilitate progress)</li> </ul>
12:10 - 01:10	Lunch
01:10 - 03:15	<ul> <li>IM Training (including critical thinking &amp; hands-on workshops to learn IM settings &amp; cues to facilitate progress)</li> </ul>
03:15 - 03:30	Break
03:30 - 05:00	<ul> <li>IM Training (including critical thinking &amp; hands-on workshops to learn IM settings &amp; cues to facilitate progress)</li> </ul>
05:00 - 05:15	Exam

#### **Instructional Methods:**

LECTURE, PPT, DEMONSTRATION, CASE STUDY, PHOTOS, VIDEOS, LABS WITH HANDS-ON PRACTICE

#### **CEUs Offered**

0.8 ASHA (SLP)

0.8 AOTA (OT/COTA) - Equivalent to 10.0 NBCOT PDUs

\* PTs & PTAs: Approved for year 2017: in AL (0.8 CEUs – preapproval not required), AK (0.8 CEUs), AR (0.8 CEUs), AZ (0.8 CEUs), CO (0.8 CEUs – preapproval not required), CT (0.8 CEUs – preapproval not required), FL (8 CEH), IA (0.8 CEUs – preapproval not required), IL (0.8 CEUs), KS (0.75 CEUs), MD (application pending), ME (0.8 CEUs – preapproval not required), MS (0.8 CEUs), MT (0.8 CEUs – preapproval not required), ND (0.8 CEUs – preapproval not required), NJ (7.45 CECs), NM (0.8 CEUs), NY (0.8 CEUs), OR (0.8 CEUs – preapproval not required), PA (application pending), SC (0.8 CEUs), SD (0.8 CEUs – preapproval not required), TN (0.8 CEUs), TX (application pending), VA (0.8 CEUs), WA (0.8 CEUs) – preapproval not required), PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

#### Instructor (one of the following)

April Christopherson, OTR/L has been an Occupational Therapist for almost 20 years and has worked with diverse populations in a variety of settings – including home health, private clinic and in-patient rehabilitation. She is the owner of MaxAchieve, Inc. in Colorado Springs, CO where her current clientele range from pediatrics to adults to high performance athletes, both stateside and internationally. She believes in a whole, team approach to the client – including various medical professionals and therapists plus the use of functional neurology and metabolic/nutrition counseling. She also works exclusively with the Shandy Clinic in Colorado Springs, CO providing solutions to families with children suffering from Autism, Asperger's, ADHD, and other diagnoses.

April has worked as a legal consultant and as an expert witness throughout the United States. April was granted her degrees in Occupational Therapy and Psychology from St Ambrose University in Davenport, IA in 1991.

Instructor Financial Disclosure(s): April is the author of course materials that focus on the clinical application of Interactive
Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of
compensation for the continued publication and use of educational materials she has authored. April is also an instructor for Interactive Metronome, for
which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. April does not sell or receive
compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): April periodically contributes blog posts to <a href="www.interactivemetronome.com">www.interactivemetronome.com</a> that are clinical in nature. She does not receive compensation for this. April uses the Interactive Metronome in clinical practice at MaxAchieve, Inc.

Dara Coburn, MS, CCC-SLP received her undergraduate and masters degree from the University of Central Arkansas and holds the Certificate of Clinical Competence issued by the American Speech-Language-Hearing Association. Dara served as the National Program Champion for Interactive Metronome within the HealthSouth Corporation. She currently serves as Interactive Metronome's Clinical Support contact person for Life Care Centers of America. Dara has been teaching IM Certification Courses since 2007 and has contributed to the development of the Adult Best Practice Certification Course and Fall Prevention Protocol. With expertise and experience in the field of neurological disorders, Dara has been able to accept this new treatment tool and successfully integrate it into her practice by modifying it to individually meet her patient's needs.

Instructor Financial Disclosure(s): Dara is an active member of Interactive Metronome's Clinical Advisory Board, for which she receives an annual honorarium from Interactive Metronome Inc. She is the author/co-author of educational offerings on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Dara is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Dara provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome, Inc for these extended educational services. Dara does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Dara does not have any relevant nonfinancial relationships to disclose.

Heather Cross, OTR/L, has been an Occupational Therapist for 17 years. Her scope of practice has included hand therapy, orthopedic rehab, home health, school based therapy, acute care, and pediatrics. She is the co-owner of Performance Advantage, LLC in Colorado Springs, CO. Her current clientele includes a population that ranges from pediatrics to adult. She also works with high performance and pro athletes. She uses a holistic approach with all of her clients; utilizing various medical professions, treatment techniques, functional neurology, and metabolic/nutritional counseling. Heather received her BS in Occupational Therapy from Colorado State University in 1993. Since that time she has been an advocate of continuing education and sponsoring students in their fieldwork assignments at all levels. She has furthered her education through various courses and self study over the last 17 years. Recent courses taken have been chosen to help with her belief that clients can recover neurological functioning at all ages. Some of these programs include: the Listening program, the Alert Program, Sensory integration techniques, and studies in neurology. Heather uses Interactive Metronome as part of an intensive neurological treatment option for qualified clients and as an introductory functional treatment option for pediatrics. She is a huge proponent of the Interactive Metronome following several years of great success using IM with her clientele.

Instructor Financial Disclosure(s): Heather is the author of course materials that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Heather is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. She provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome, Inc for these extended educational services. Heather does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Heather uses the Interactive Metronome in clinical practice at Performance Advantage, LLC.

Andrew Dillen Hartley, OTR/L graduated from the University of Pretoria, South Africa, school of Occupational Therapy in 1995 and moved to the USA in 1996. He is co-owner of Advanced Therapy Solutions, Inc, an outpatient Physical and Occupational Therapy practice serving clients of all ages in five locations. Mr. Hartley has 14 years of clinical experience and is trained in multiple treatment approaches with both adults and pediatrics. His interests include the treatment of deficits related to stroke, traumatic brain injury, Autism, development disorders, sensory processing disorders, ADHD, ADD and learning disabilities in infants, children and adults. His experience with sensory integration, neuromuscular re-education, brain gym, vision therapy, environmental adaptation, Tai-Chi, yoga and technology based treatment approaches for all ages has served him well as a presenter of certification courses, webinars and professional seminars. Mr. Hartley serves as a clinical advisor for Interactive Metronome and other "Therapy based" companies in research, protocol and practice development areas.

Instructor Financial Disclosure(s): Dillen is an active member of Interactive Metronome's Clinical Advisory Board, for which he receives an annual honorarium from Interactive Metronome, Inc. He is the author/co-author of numerous courses that focus on the clinical application of Interactive Metronome technology, for which he has received honoraria from Interactive Metronome, Inc. Dillen does not receive royalties or any other form of compensation for the continued publication and use of educational materials he has authored/coauthored. Dillen is also an instructor for Interactive Metronome, for which he receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Dillen does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Dillen uses the Interactive Metronome in clinical practice at Advanced Therapy Solutions.

Lorraine Sgarlato, CCC-A, Au.D., received her doctorate degree in Audiology from the Pennsylvania College of Optometry's School of Audiology. She has been an audiologist for 27 years. She has held the Certificate of Clinical Competence issued by American Speech Hearing Language Association since 1984. Dr. Inducci is considered an expert in the field of auditory processing disorder and children with language based learning disabilities. Dr. Inducci is on staff at Robert Wood Johnson Hospital in Hamilton New Jersey where she works with a broad population of infants through adult. She performs audiological evaluations, auditory processing testing and therapy, hearing aid fittings, and vestibular testing. Dr. Inducci has had a private practice in Yardley Pennsylvania since 1996. She employs teachers and therapists to evaluate and treat children with auditory processing, A.D.H.D., P.D.D., and language learning disabilities. Her practice concentrates on evidence-based therapies and practices which Dr. Inducci is certified in providing. These therapies include Fast ForWord Language programs, The Listening Program, Interactive Metronome, Lindamood-Bell programs, as well as other multisensory reading programs. Dr. Inducci serves the community as an advocate and expert witness for children with various learning disabilities, including those in the autism spectrum. She often lectures to the community and to professionals on Brain Fitness, APD, Autism, ADHD, and vestibular rehabilitation. Dr. Inducci

became an IM provider soon after the company went public. She is proud to be a member of the Interactive Metronome family and looks forward to educating the professional community on IM therapy and best practices.

Instructor Financial Disclosure(s): Lorraine is the author of course materials that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Lorraine is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. She does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Lorraine uses the Interactive Metronome in clinical practice within her private practice and at the hospital where she is employed.

Mary Jones, OTR/L, LMT, CIMT graduated from St. Loye's School of Occupational Therapy (UK) in 1986. Has been an Occupational Therapist for 20 (+) years and has been practicing in the USA since 1993. Additional training has included a BS in Healthcare and Social Welfare from Manchester University in 1992, Massage Therapy License in 1996, NDT certification in 1994. Mary has worked in a variety of healthcare settings in both the USA and the UK. These include home health in the inner-city (London), orthopedics, geriatric psychiatry, outpatient rehab, brain injury specialty (adult and pediatric) and pediatric outpatient therapy. Clinical advanced training includes NDT advanced courses, infant massage certification, cranio-sacral therapy, myofascial release techniques, motor control and the development of motor learning, Therapeutic Listening Program, Integrated Listening Systems, Brain Gym, Pilates, Active Isolated Stretching Techniques, Visual-motor Training, Vestibular Training, Beckman Oral Motor Assessment and Intervention, Handwriting Without Tears, ADHD and Nutrition Interventions, Aromatherapy, Aquatic Therapy, Sensory Integration assessment and interventions, Autism assessment and interventions, Interactive Metronome Certification and Development of Best Practice Strategies with IM. Mary owns her own pediatric practice "Sensational Kids LLC", based out of Bradenton, FL. Mary has lectured extensively in her field at a local and national level.

Instructor Financial Disclosure(s): Mary is an active member of Interactive Metronome's Clinical Advisory Board and is Interactive Metronome's Occupational Therapy Consultant for the American Occupational Therapy Association (AOTA), for which she receives an annual honorarium from Interactive Metronome, Inc. She is the author/co-author of numerous courses & publications that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. Mary does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Mary is an instructor for Interactive Metronome. She receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Mary does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Mary periodically contributes blog posts to <a href="www.interactivemetronome.com">www.interactivemetronome.com</a> that are clinical in nature. She does not receive compensation for this. Mary uses the Interactive Metronome in clinical practice at Sensational Kids, LLC.

Jonathan P. McKee, OTR/L earned a Bachelor's degree in Occupational Therapy from the Medical College of Georgia and a Bachelor's degree in Business Administration from the University of Central Florida. He is the proprietor of Life Cycle Therapy providing specialized evidence based treatments focusing on the child's individual potential to improve. In his practice he uses specific sensory-based approaches to make neurological changes. Jonathan earned the RIMC designation from IM in 2006 and has successfully implemented the IM Home programs with children and adults for the past several years. He has been interviewed for both the Birmingham News and TalkAutism about the success his clients have experienced with IM. He has earned various certifications and licenses and received the Achiever's Award for Dedicated Service to Children. Jonathan has focused on bringing the IM conveniently to his clients' homes and has learned how to adapt the IM for clients ranging from limited to accelerated abilities.

Instructor Financial Disclosure(s): Jonathan is the author of course materials that focus on the clinical application of Interactive Metronome technology, for which he has received honoraria from Interactive Metronome, Inc. He does not receive royalties or any other form of compensation for the continued publication and use of educational materials he has authored. Jonathan is also an instructor for Interactive Metronome, for which he receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Jonathan does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Jonathan uses the Interactive Metronome in clinical practice at Life Cycle Therapy.

Lisa Poe, OTR/L earned her Bachelor's degree in Occupational Therapy from the University of Mississippi Medical Center in 1994. She is founder and owner of A Focused Brain, LLC, an Outpatient Occupational Therapy Clinic located in Madison, MS. Lisa has considerable experience treating neurological conditions in both children and adults. Her interest include ADHD, ADD, Autism, Sensory Processing Disorders, Developmental Delay, Learning Disabilities, Stroke, Traumatic Brain Injury, and Spinal Cord Injury. Lisa is trained in multiple treatment approaches such as Constraint Induced Therapy, Integrated Listening System, Handwriting Without Tears, NDT, Bioness, Saebo and Hippotherapy. She is a guest lecturer at UMC Occupational Therapy School, Holmes Community College COTA Program and a variety of local community venues. Lisa implements the Interactive Metronome and IM Home in a client-centered functional approach with all her clientele. She is dedicated to helping her clients achieve their maximum functional gains in school, work, home or in the community. Lisa has been traveling extensively as a National Trainer for Interactive Metronome Certification Courses since August, 2010. Sharing her clinical expertise, Lisa has authored multiple webinars in the IM Educational Series and co-authored the IM Fall Risk Reduction Manual. As an IM Home Specialist, Lisa consults and develops personalized IM Home programs for families both nationally and internationally.

Instructor Financial Disclosure(s): Lisa is the author/co-author of courses that focus on the clinical application of Interactive

Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of
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Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Lisa does not
sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Lisa uses the Interactive Metronome in clinical practice at A Focused Brain, LLC.

Leonard G. Trujillo PhD, OTR/L, FAOTA is currently Professor, and Chair of the Department of Occupational Therapy at the College of Allied Health Sciences, East Carolina University. He has been at ECU for 13 yrs and he has been an occupational therapist for over 39 years, with the majority of his clinical experience in the United States Air Force. He received his PhD from Texas A&M and BS in OT from Colorado State University. He has presented numerous research projects and outcomes on the Interactive Metronome at AOTA and other international forums. He specializes in working with aging adults and has therapeutic group that meets weekly at a local assisted living center.

Instructor Financial Disclosure(s): Dr. Trujillo has conducted several research studies on the efficacy of Interactive Metronome in the Department of Occupational Therapy at East Carolina University, some of which has been funded by Interactive Metronome, Inc. Dr Trujillo has authored educational material concerning these research findings & has presented it at IM National Conferences, for which he has received honoraria & reimbursement of travel expenses from Interactive Metronome, Inc. He does not receive royalties or any other form of compensation for the continued publication and use of

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educational materials he has authored. Dr. Trujillo is also an instructor for Interactive Metronome, for which he receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. He does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Dr Trujillo uses the Interactive Metronome in a research setting at East Carolina University.

Amy Vega, MS, CCC-SLP received her master's degree in speech-language pathology from the University of South Florida in 1994 and holds the Certificate of Clinical Competency from the American Speech Language & Hearing Association (ASHA). She specializes in adolescent and adult rehabilitation for patients diagnosed with traumatic brain injury, stroke, epilepsy, brain tumor & and other disease processes that affect communication, cognition, and behavior. She currently serves as Director of both the Clinical Education Department and the Clinical Advisory Board for Interactive Metronome, Inc. and is their Continuing Education Administrator. She provides clinical support to IM providers globally, serves as Editor in Chief for IM's clinical publications and website FAQ/Best Practices search engine, develops IM certification materials, and is the master-trainer for IM certification instructors.

Instructor Financial Disclosure(s): Amy is an employee of Interactive Metronome, Inc. (IM). She receives a salary for her role as IM Clinical Education Director, Clinical Instructor, and IM Clinical Advisory Board Director from Interactive Metronome, Inc. She has also received limited shares of stock as compensation from Interactive Metronome, Inc. Amy has authored/coauthored IM training modules for which she received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. When teaching, she receives a fee and reimbursement of travel expenses from Interactive Metronome, Inc. Amy does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Amy does not have any relevant nonfinancial relationships to disclose.

## **Course Content Disclosure:**

The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents #4,919,030; #5,529,498; #5,743,744; #6,719,690; other U.S. and foreign patents pending) Interactive Metronome, Inc. is the sole source of the following products: Interactive Metronome®, Gait Mate® and IM Home®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products.



Interactive Metronome is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.8 ASHA CEUs (Introductory level, Professional area).

Effective July 1, 2011, individuals must meet at least one of the following conditions in order to be eligible to earn ASHA CEUs.

- ASHA Member (includes Life member and International affiliates)
- ASHA Certificate of Clinical Competence (CCC) Holder
- Licensed by a state or provincial regulatory agency to practice speech-language pathology (SLP) or audiology
- Credentialed by a state regulatory agency to practice SLP or audiology
- Credentialed by a national regulatory agency to practice SLP or audiology
- Currently enrolled in a masters or doctoral program in SLP or audiology



Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This <a href="introductory course">introductory course</a> is offered for 8 contact hours/ .8 AOTA CEUs (Classification Codes - Domain of OT-CLIENT FACTORS; Domain of OT-ACTIVITY DEMANDS; OT Process-INTERVENTION). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.